

Quarterly Edition – September 2020

# Charlton Village News



[www.charltonvillage.org.uk](http://www.charltonvillage.org.uk) and [Facebook page: Charlton Community Chat](#)

*Welcome to the Autumn Edition of 2020  
Let's have some fun!*



*Charlton Village Community Day  
Saturday 19 September*

*Street Parties - Competitions*

*Raffle - fab prizes!*



## Charlton Village Newsletter

The Charlton Village News is created and distributed by volunteers and printed by Bulpitt Print Ltd. The printed quarterly edition is delivered free of charge to over 950 homes and can also be downloaded from the Village website along with the monthly digital editions.

Please do your best to support **all** of our advertisers both old and new and mention the Charlton Newsletter when you do!

Articles and pictures for the monthly and quarterly newsletters are always welcome. The deadline for input is the **14th of the month** before the edition. Articles for forthcoming events should be included about a month or six weeks ahead, but more notice can be given in the Future Diary dates.

Advertising rates are £30/quarter page, £40/half page per quarterly print edition

We rely on input from the village so please send your news, photos, adverts, club updates, recipes etc. Let me know if there is something that you would like to see in the newsletter. You can email the editor on [editor@charltonvillage.org.uk](mailto:editor@charltonvillage.org.uk)

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## *Congratulations!*

### **Residents of Carter's Meadow complete a half marathon!**

*Kelly Stokes sent me news of an inspiring event organised by the residents of Carter's Meadow. Jim and Hillary did the lap counting and the residents did all the hard work! How lovely to see them enjoying themselves after what has been a tough year for so many people.*

Residents at Carter's Meadow proved age is no barrier to sporting success as they came out of lockdown to complete a half marathon. A total of 12 residents from the retirement development in Charlton each walked the 13.1 mile distance over the course of two months to get fit and active again after lockdown.

The veteran athletes were aged from 80-96, and all completed 151 laps of a specially laid out route around the complex that allowed for social distancing. They completed the final lap together and were all awarded a custom 'Carter's Meadow Half Marathon 2020' medal for their mammoth efforts.

The event was the brainchild of Jim Stokes, whose mother-in-law, Jennifer Howes, is a resident at Carter's Meadow and had been forced to shield during lockdown, which came just weeks after she had a hip replacement.

He said: "What started off as a way of getting Jenny to exercise following her hip operation ended up with lots of neighbours joining in and became not only a reason for the Carter's Meadow community to stay fit and active but also socialise together again after being isolated due to coronavirus.

"We counted the laps three days a week over two months to allow everybody to go at their own pace while staying socially distanced and supervised. Some managed to get the distance quickly while others wanted to take their time. One lady even used it to walk her dog.

"It was incredible to watch them all complete their last lap together and, given the average age is around 90, it has been inspiring to see the enthusiasm with which they have approached the challenge and that they seem to have genuinely enjoyed it."



## Puzzle Page

### Cryptic Towns and Cities

The following clues provide the names of towns and cities within the UK

	Clue	Answer
1	Tub full of water	
2	Spread before morning	
3	Has a letter to spare	
4	Crank Miss Rantzen	
5	Half a score is alongside	
6	Cranium stuck in a rabbit hole	
7	Professor of rollers	
8	A chocolate bar without for instance	
9	Nearly the colonel's twelve inches	
10	A person who is leaving	
11	People's rock	
12	A complete bacon	
13	Calligraphy with an H	
14	Home of Sale of the Century	
15	Shipsmen	
16	Tying meat	
17	Latest fortified wine	
18	Religious Skull	
19	Tend fire	
20	Is this Piggott's town	
21	There are no ends to a hairdryer	
22	Pushed down heavyweight	
23	Where the steer (of the bovine family) crossed the river	
24	One of the three R's	
25	Almost speechless in front of the French chips	
26	Mother's garden entrance	
27	Witches attempt to meet	
28	Sounds like a vehicle is followed by a Scottish golfer	
29	A male part of the torso with some hesitation	
30	Arran or Holy in the middle of one's wages	

*Answers later on in the newsletter – no peeping!*

### DIARY DATES

**Tuesdays 15<sup>h</sup> September, 20<sup>th</sup> October & 17<sup>th</sup> November** : Charlton Parish Council meetings are currently being held via Zoom video conferencing. Please check the parish website for details of how to join in or contact the PC Chair, Cllr Jackie Smith on [cllrsmith@charltonvillage.org.uk](mailto:cllrsmith@charltonvillage.org.uk)

**Saturday 19<sup>th</sup> September** : Charlton Village Community Day!

**Sunday 20<sup>th</sup> September** : Andover Artisan Market, High street 10am – 2pm Andover Farmers Market

**Saturday 5<sup>th</sup> December** – Village Christmas Market in the Church grounds. 3-6pm

## Charlton Village Community Day – Saturday 19 September - Street Parties!



Please join in and have some fun (responsibly) even if you haven't yet registered your street party as part of the Charlton-wide event. The more the merrier. There is still time to buy Raffle Tickets from your Street Party organiser or to pledge money for Raffle tickets via a Just Giving link [Street Party Just Giving Raffle](#) which is also available on Charlton Chat Facebook:

Monies from the Raffle will be split between the church charities, the Village/community Hall fund and the Ugly Duckling charity <https://www.andovermind.org.uk/ugly-duckling/>

### Prizes donated so far include:

2 x Candy hampers worth £60 each – Charlton Park Crematorium	Rosebourne afternoon tea for two
Thruxton Porsche Cayman drive	Giant teddy bear
Paws in Focus - photo session	Major Magic or Punch and Judy show – 30 mins show
Jen Mulberry photography	Penton Park Brewery tour for four
Wolf Pack £15 voucher	Phat private hire taxi 5 miles free travel
1 month free training at Kyouken Ju Jitsu	

As part of the day, there will also be some Community competitions with prizes for:

- Overall Best Street Party – Sense of cooperation, community spirit and fun - Judged by Rev Alex
- Best cake decorating and floral arrangement prize – judged by WI.
- Strangest vegetable prize – judged by Parish Council
- Best original art judged by Kaz Trinder

### **Best Overall Street Party**

Sense of cooperation, community spirit and fun - Judged by Rev Alex

### **Best Floral Arrangement and Cake Decorating**

#### **Floral**

- 1-3. Children's classes - make a tray or container garden, topic of your choice
4. Adult class - floral display, either cut flowers, pots or baskets

#### **Classes**

1. Children up to 7 years
2. Children 8yrs to 12yrs
3. Children 13 to 16yrs
4. Adults

#### **Cake decorating**

- 1-3. Children's classes - decorated cake / buns / cup cakes
4. Adult class - decorated cake

Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each of the children's Classes.

Send photographs of entries by 15 Sep to [charltonpres@hampshirewi.org.uk](mailto:charltonpres@hampshirewi.org.uk)

### **Charlton Village Creative Art Competition**

Time to get creative !!!!!

The idea is designed to help us think differently about our surroundings, and even explore our imaginations and thoughts about how we dealt with lockdown and maybe what we are looking forward to in the future.

Art submissions could be a poem, a still life, a painting, a portrait, photograph, mud sculpture, pen drawing, collage absolutely any media ... there is no right or wrong!

In a time of such uncertainty and change, being creative is relaxing and good for our well-being, but it can also help us to make sense of our thoughts and the situation we are in.

The competition is ideal for all, be great for families looking for activities to do together and for older folk who want to join in great to get everyone's creative juices flowing. It's free to enter, simply email a photo of your work to [craftycottage@gmail.com](mailto:craftycottage@gmail.com) or post on the Charlton Village Community 2020 page.

We have two fantastic local business who are donating the prizes. Kaz is hoping to find a venue where all the entries can be displayed for everyone to come along and admire.

**Closing date is the 15th September**

Have fun – we can't wait to see how talented Charlton village people are.

and finally....

### ***Strangest Vegetable***

Just a bit of fun. Photograph the strangest vegetable you can find, home grown or otherwise obtained.

**Send photographs by 15 Sep** to [cllrcward@charltonvillage.org.uk](mailto:cllrcward@charltonvillage.org.uk)

## **Charlton WI**

Undaunted by pestilence, Charlton WI continue their get-togethers via monthly ZOOM meetings. These are proving to be very enjoyable occasions covering various topics from quizzes to members exchanging their views, ideas and samples of handicrafts. Last month members were treated to a talk by John Ritchie from The World of Art, who displayed beautiful portrait paintings ranging from old Masters to modern day work. John pointed out the detail and history, often with hidden meanings, behind each portrait. A very entertaining presentation which provoked a lively question and answer session.

The Book Club have been meeting regularly courtesy of ZOOM. Next month promises a treat for Jane Austen fans where the Book of the Month will be *Persuasion*.

The Walkie Talkie group continue to patrol the lanes around local villages noting the flora and fauna and the Craft group, armed with chairs, flasks of tea and items of handiwork, meet fortnightly in the park to chat as they sew.

The summer outing to the Weald and Downland Living Museum has been deferred to 2021 but hopefully the Theatre Trip to see "Pretty Woman" at the Piccadilly Theatre, London will go ahead in November.

No news as yet on the date when Charlton WI will meet again in St Thomas's Church Hall, but there will be another virtual meeting in September. Members will be entertained by a talk on Dance and perhaps will even be stirred into joining in from the privacy of their homes!

**Pat Peacock, Charlton WI**

## **Parish Council Updates**

### **CHARLTON COMMUNITY SUPPORT GROUP**

We have wound down the service but we remain available and willing to help those who continue to need assistance. Clive Ward [cllrcward@charltonvillage.org.uk](mailto:cllrcward@charltonvillage.org.uk) 07538 596344

### **Charlton Village Parish Council (meeting via Zoom during lockdown)**

The Parish Council meets every month, except August and December, on the 3<sup>rd</sup> Tuesday of each month at 19.30 (normally in the Foxcotte Room at St Thomas' Church). Press and Public are welcome to attend. There are a couple of vacancies on the Parish Council so, if you'd like to get involved, please get in touch with the chairperson or see the website and the noticeboards around the village for more information about this opportunity to get involved with the running of our village. The noticeboards can be found at the entrance to Charlton Park on Foxcotte Road and on the verge by the bridge at the entrance to Carters Meadow.

### **Village/Community Hall – a little bit closer?**

The Parish Council has had discussions with Salto about leasing a piece of the Club's car park so that we can build a village/community hall for Charlton. This would only work if the car park could be adjusted so that it could provide sufficient spaces for all users, including the village hall. An architect has produced a plan that would allow this to happen. So far so good, but there are many hurdles yet to cross including getting planning permission.

To this end, the Parish Council will form a Village/Community Hall Committee, initially to conduct a feasibility study. The Parish Council has appointed Ian Carr MBE as the Chairman of the Committee, who many of you may remember, was our Borough Councillor as well as Leader and Mayor of Test Valley before his retirement in 2019. A number of volunteers have come forward offering to be members of the committee and it is hoped that the Committee might meet (virtually) in September to get the ball rolling.

### **Neighbourhood Plan**

**Cllr Clive Ward – Chair of the Neighbourhood Plan Steering Group**

The Charlton Neighbourhood Plan is still with the Independent Examiner while some procedural issues are clarified but we remain hopeful of a positive outcome leading to a referendum when we are allowed which is currently not before May 2021.

### **Crazy Golf**

The planning application for a new Adventure Golf facility to replace the existing one has been approved and work will start shortly

### **The Bridge from Foxcotte Road to Charlton Lakes**

Work is underway on the connecting path from the café to the new bridge and, when that is complete, work on the bridge will start.

### **Charlton Christmas Market – Saturday 5<sup>th</sup> December**

Is it ever too early to think ahead to Christmas? I think not, particularly with the year we've had! St Thomas' Church and the Charlton Parish Council are planning to hold a Christmas Market in the church grounds and the surrounding green spaces on Saturday 5<sup>th</sup> December 2020 between 3 and 6pm



Traditional Christmas Market Stalls-----Father Christmas-----Bratwurst and  
Glühwein



Put the date in your diaries!

## **IN, OUT, AROUND and ABOUT – Editor’s picks**

*If you have a recipe or activity, a place to visit, a walk to share – send them to the editor at [editor@charltonvillage.org.uk](mailto:editor@charltonvillage.org.uk)*

### **IN – Tomato soup with pesto and mozzarella toast**

Another favourite of mine is this mouth-watering tomato soup recipe from Louise Robinson on the GreatBritishChels.com website. It serves four and takes around 30 minutes to make. Although it’s not entirely necessary, the secret ingredient is Vincotto which you can buy ready to use or make it yourself in a few minutes. I made a jar and keep it in the fridge to add to soups, casseroles to add a delicious ‘non so che cosa’.

<p><b>TOMATO SOUP Ingredients</b></p> <p>1 tbsp of extra virgin olive oil            3 garlic cloves, crushed            800g of fresh or tinned chopped tomatoes            70ml of vincotto            750ml of boiling water            sea salt            freshly ground black pepper</p>	<p><b>PESTO</b></p> <p>50g of pine nuts, toasted and cooled            75g of basil, leaves only            50g of Parmesan, grated            2 garlic cloves, crushed            150ml of extra virgin olive oil</p> <p><b>MOZZARELLA TOAST</b></p> <p>4 slices of baguette &amp; 4 slices of buffalo mozzarella</p>
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Place a medium saucepan over a low heat and add the oil. Add the garlic and cook for a minute or so until slightly golden. Add the tomatoes and vincotto and increase the heat to medium. Cook until the tomatoes start to simmer (around 3 minutes) then add the water and a pinch of salt and freshly ground pepper. Simmer briskly for 15-20 minutes or until the liquid has reduced slightly. Remove from the heat and allow to cool slightly before blending until smooth with a hand blender.

While the soup is cooking, make the pesto by placing all the ingredients in a food processor and pulse together until blended, but with some texture. Season with sea salt and freshly ground pepper to taste.

Preheat a grill to medium and lightly toast the slices of baguette on one side. Flip over and add the mozzarella slices. Cook for a couple of minutes or until the cheese is golden.

Meanwhile, place the pan of soup back over a medium heat to warm through.

To serve, divide the hot soup between four bowls, top with the mozzarella toasts and drizzle with pesto.



### **Vincotto recipe:**

<p><b>Ingredients</b></p> <p>3 cups fruity red wine (eg Merlot, Cabernet Sauvignon etc)            3/4 cup sugar            optional 2" piece fresh ginger root – cut in 1/4" pieces</p>	<p>1 cinnamon stick            1 teaspoon cardamom pods            2 cloves</p>
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Place all the ingredients in a medium heavy-bottomed saucepan and bring to a boil. Once boiling, reduce heat to medium and simmer for about 30 minutes until the wine has thickened and foams up. The cooked wine should have a syrupy consistency and should have reduced to a quarter of its original volume, about 3/4 cup. Strain through a fine-meshed sieve and let cool to room temperature. Transfer to a squeeze bottle or jar and refrigerate ready for use.

Cook’s note: Refrigerate for up to 3 months.

## **OUT - In the Garden it's time to tidy up!**

After all the rain we've had recently, my garden has sprung back to life. Here are the jobs I'll be getting on with in the Autumn to prepare for Winter and be ready for Spring growing.

It's the time to tidy up the borders, cutting back faded perennials, clear the leaves out of the gutters, sweep and freshen up the paths before the cold wet weather sets in and clean the greenhouse seed trays and plant pots in readiness for spring sowing.

Plant and sow winter vegetables such as onion and garlic sets, spinach, broad beans and peas. Protect them, if possible, with cloches or fleece if it gets really cold and damp. If you're lucky enough to have a greenhouse, you can sow winter salads, carrots and pak choi and crop them through the winter or at the start of Spring.

Spread a thick layer of compost or well-rotted manure on the borders, leaving the worms to work it into the soil for you, will nourish the soil and improve its quality.

The lawn needs scarifying to remove the thatch and moss which I'll put on the compost heap. The lawn will also need a feed and aerating to help it survive the cold months ahead. Now's the time to lay some new turf to get well established before next summer.

Clear out or turnover the compost bins, using the compost that's ready on the borders and start a fresh lot. Wash and dry garden equipment such as forks, spades, trowels and oil any metal parts and get the lawn mower serviced ready for Spring.



## **AROUND and ABOUT – Whitchurch Silk Mill**

I'm a volunteer gardener at the Silk Mill in Whitchurch. It's a friendly place to visit and fascinating part of our local heritage. Apart from touring the Mill itself they have exhibitions, a shop and a café serving tasty food and drink, all suitably socially distanced, of course.

In September the Mill will host an *Open Art and Craft Exhibition*, showcasing local talent developed during the pandemic. Exhibitors can submit up to three works in any medium, e.g. painting, drawing, printmaking, sculpture, photography, textiles, pottery. For details of how to enter please see their website. Why not have a go! But definitely go and have a look at the exhibition.

The Mill is such a happy place to visit! Visitors enjoy the simple pleasure of a coffee by the River Test, currently self-guiding themselves around the Mill and viewing a stunning exhibition of their archived silk. Since reopening there are new outdoor activities and trails, and new stock in the Mill shop.

### **Time flies! Did you know that the Silk Mill is cared for by a Trust formed 30 years ago?**

On 16 July 1990 the Whitchurch Silk Mill Trust was created to operate the Mill as a working museum. In the last 30 years there have been many changes and the Mill is enjoying growing success as a visitor attraction and popular local destination. This would be a cause for big celebration if it weren't for the difficult times we're living through in 2020. Owing to the pandemic the Mill is only seeing about 20% of the visitors normally expected at this time of year. They are unable to host group or school bookings, and unable to hold fundraising events. So, please support the Mill and pay a visit. No need for a timed ticket. Just turn up! Please note, they are closed Sunday and Monday.

By the way, if you would be interested in Volunteering at the Mill they are currently looking for help with Marketing and Digital Support. These tasks can be done from home and would perhaps suit a furloughed or retired marketer or publisher or a student needing work experience. If you can help, please contact Sue Tapliss, Mill Director.

Contact: [info@whitchurchsilkmill.org.uk](mailto:info@whitchurchsilkmill.org.uk) – 01256 892065 – [www.whitchurchsilkmill.org.uk](http://www.whitchurchsilkmill.org.uk)

Hope to see you there!!

and...**talking of silk**, I'm about to refresh my moth prevention system in my wardrobes. Those pesky clothes moths have enjoyed perfect conditions over the Summer. I like to use a natural moth repellent and this Autumn I'm going to try cedarwood oil. Cedarwood has been used by humans for construction and as a natural insecticide as far back as the ancient Egyptians who derived their oil from large native cedar trees in Lebanon.

One of the elements found in many cedar trees is cedrol and depending on the amount used, has a pesticidal effect on insects. The oil, which is extracted through a process of steam distillation, gives off a wonderful, spicy, slightly masculine and soothing aroma. Today cedarwood oil is used for its aromatic properties, especially in aromatherapy, it can also be used to renew the smell of cedar furniture and wooden chests, drawers or wardrobes and more importantly to repel moths. A good all rounder!

## **Charlton Village Church, St Thomas'**

**Revd Alex Randle-Bissell**, Priest-in-Charge, 01264 512161 [revalex@pastrowfamily.org.uk](mailto:revalex@pastrowfamily.org.uk)

**Judith Appleby**, Benefice administrator, 07999 352585 [admin@pastrowfamily.org.uk](mailto:admin@pastrowfamily.org.uk)

**Facebook:** Family matters in our villages@pastrow

**Website:** [www.pastrowbenefice.org.uk](http://www.pastrowbenefice.org.uk)

### ***Letter from our Priest in Charge, Alex Randle-Bissell***

Dear friends

I do hope you are safe and well during this time of tentatively coming back to a new normal, whatever that means! It's been a long time in coming and I do think of all of the gifts of the spirit that St Paul writes about, patience is maybe the hardest one to exercise well, but to counter this some things are worth waiting for, aren't they? Like perhaps the first glimpse of being able to see and feel the hug of a grandchild, being able to meet with friends for a meal or just popping out to the shops can make us feel so much better.

Here in the Pastrow Benefice we have been working for some years to join together as a family of eleven churches formally which has been a challenging process as there is always a fine balance between the need for change and having the desire to enact it. However, from June we are now formally joined as one of the largest multi-parish benefices in the diocese and our new name is The Pastrow Family, reflecting that like families we are joined together but unique at the same time and more importantly that we belong, which in these times is so fundamentally important.

I used to find it curious when I was at university that a large number of students used to walk around in clothes emblazoned with a club or society they belonged to, Rugby or Netball or even the Tiddlywinks team! We even see examples of this in society, for example the modern phenomena of supporters wearing their football team shirt as a fashion item at times other than going to a match. In essence, for most of us, we like to show that we belong.

Gathering together as people for a common purpose is therefore an integral part of being human, something we have all been acutely aware of during this lockdown period, and how wonderful it is for us to gather together, albeit in bubbles or small groups, once again. Not only are they places where we can belong, but they are opportunities for us to explore who we are, to exchange knowledge and to grow and to be challenged and encouraged in a safe and secure environment.

I suppose for many of us the most fundamental group where we experience all of these things is with our families. In the liturgy of a marriage service there is a wonderful part where it says, 'in which each member of the family, in good times and bad, may find strength, companionship and comfort, and grow to maturity

in love.' Jesus knew the value of groups, and throughout the gospel stories we see him gather ordinary people together to achieve the most extraordinary of things.

So, as we begin to gather together again, I pray that you may find a new fulfilment and thanks for each other, and please stay safe and well!

Blessings for the month ahead.

Alex

## The Pastrow Family - Exploring, Growing, Equipping

This Autumn the Pastrow Family of churches are offering several online courses to help make sense of life and do it better, in this continuing period of social restrictions. They're for a) those who have a faith but want to do it better, b) for those who don't have faith but want to explore whether it has anything to offer them and c) for those who feel that it's all a load of nonsense and want to say so.

They are all about participation and exploration, not persuasion.

All online through Zoom.

**The Alpha Course**  
[alpha.org.uk/tryalpha](http://alpha.org.uk/tryalpha)

Is there more to life than this? Who is Jesus? Why did he die? How should I pray? And more. The basics of the Christian faith. 10 weekly sessions that often change lives

**The Bible Explored**  
[biblesociety.org.uk](http://biblesociety.org.uk)

You've always wanted to know what's in the Bible. Now you can. How to read it and help you get the big story of God that is presented in it. 8 weekly sessions

**Discipleship Explored**  
[discipleship.explo.red](http://discipleship.explo.red)

OK. You're a Christian but you want to know the one you're following better. This is for you. 8 weekly sessions.

**The Pilgrim Course**  
[pilgrimcourse.org](http://pilgrimcourse.org)

The creeds, the Eucharist, the church, the kingdom. Wouldn't it be good to know more and much better what the Church of England believes and does - and why? 6 weekly sessions.

There is also an opportunity to talk about death, dying and funerals for one session only. It's called **Grave Matters**. It provides a number of conversation starters to get us talking about the important matters that we rarely talk about.

Which one will be best for you at this time? They will all be online and all run by the Pastrow Family of Churches. All will be very accessible, friendly and fun as well as stimulating and potentially life changing.

To find out more about each one, go to the individual web site shown by each course. To register an interest please contact Jude the administrator ☎ 07999 352585 or email [admin@pastrowfamily.org.uk](mailto:admin@pastrowfamily.org.uk) and we will give you all the details you need.



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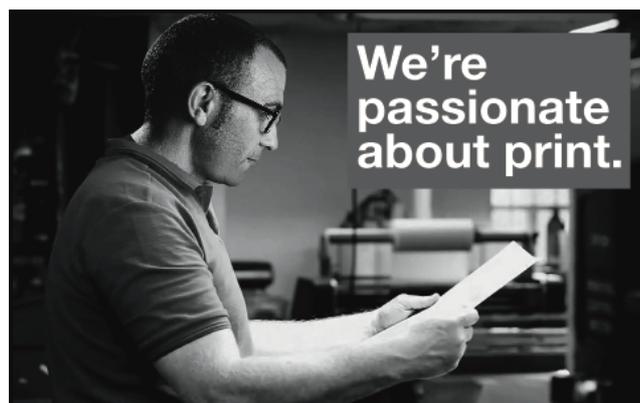


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**Website:**

<http://www.gkflamegrill.co.uk/locations/royal-oak-charlton>



*Jody and all the staff are looking forward to seeing you in the coming months*

The Royal Oak is situated in the heart of Charlton Village, has good car parking and offers a warm and friendly welcome to all local residents.

Visit our refurbished interior and our large beer garden for that sunny day. We have a lively Bar, with a wide selection of beers and spirits, plus large screen T.V's inside and out, showing the very best sporting events available.

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**Answers to 'Town quiz'**

10	Exeter	20	Leicester	30	Paisley
9	Saundersfoot	19	Stoke	29	Manchester
8	York	18	Holyhead	28	Carlisle
7	Doncaster	17	Newport	27	Coventry
6	Edinburgh	16	Nottingham	26	Margate
5	Tenby	15	Crewe	25	Dumfries
4	Winchester	14	Norwich	24	Reading
3	Dover	13	Penarth	23	Bulford or Oxford
2	Margam	12	Fulham	22	Preston
1	Bath	11	Folkestone	21	Airdrie

## LOCAL INFORMATION BOARD

Contact Group leader for current arrangements

CLUB	CONTACT	PHONE	DAY	TIME	COST
Friends of St Thomas'	Mrs P Yates	01264 355766	3 <sup>rd</sup> Monday	2.30 – 4pm	£1
Playgroup (Gov Funding from 3 years)	Mrs S Hartley	07979 841318	Mon, Wed, Fri Tues, Thurs	09.00 – 12.30 09.00 – 3pm	£4.30/ hour
W.I.	Carol Fielding	01264 350161	2 <sup>nd</sup> Tuesday	7.45pm	
Brownie Guides (7 -11 years)	Mrs K Ryder	01264 316907	Tuesdays	4 – 5.30pm	£25 / term
Friendship Club	Mrs S Macnamara	01264 364726	3 <sup>rd</sup> Wednesday	7.30 – 9pm	£1.50
Rainbow Guides (5-7 years)	Mrs E Taylor	01264 394322	Thursdays		£25 / term
Keep Fit	Mrs E Taylor	01264 394322	Thursdays	7.30 – 8.30pm	£4.90
Slimming World	Kate Evans	07568 622189	Tuesdays Andover Rugby Club	7 – 8.30pm	contact Kate for details
Charlton Line Dance	Mrs Barbara Long	01264 323630	Mondays	7.30 – 9pm	£2
Young Church	Mrs S Brewer	01264 366394	3 <sup>rd</sup> Sunday	10.30 – 11.30am	
Circuits Class	Jodie Bascombe	jodieawilliams@go oglemail.com	Friday	6-6.45pm	

### LIST OF LOCAL COUNCILLORS and RESPONSIBILITIES

Jacqueline Smith CHAIR	Traffic calming Comms/social media	07938 561609	cllrsmith@charltonvillage.org.uk
Clive Ward VICE CHAIR	Neighbourhood Plan Charlton Leisure, Community Hall Feasibility	07538 596344	cllrcward@charltonvillage.org.uk
Phil Wylde	Planning, Environment, Rights of Way	01264 363142	cllrpwylde@charltonvillage.org.uk
Caroline Mills	Speedwatch		cllrcmills@charltonvillage.org.uk
Ian Smale	Planning, Rights of Way	01264 749935	cllrismale@charltonvillage.org.uk
Jen Mulberry	Climate change, Resilience Plan	07789 391268	cllrjmulberry@charltonvillage.org.uk
Mike Bonaris	Community Hall		cllrmbonaris@charltonvillage.org.uk
Vacancy			
Vacancy			
Heather Bourner	CLERK		clerk@charltonvillage.org.uk

Linda Lashbrook	Test Valley BC		cllrllashbrook@testvalley.gov.uk
Zillah Brooks	Hampshire County	01264 335388	cllrzbrooks@hants.gov.uk

## Jodie's Fitness Page

Since the last newsletter was published, things have opened up a bit more including leisure centres and gyms, which is great news and gives people greater choice for physical activity. Whether exercising inside or out, I know that the sense of mental wellbeing that people (me included) get from physical activity has really helped during lockdown and will continue to be really important as we find what this new 'normal' looks like.

Since the last newsletter, two exciting things have happened for me. Firstly, Seph and I have moved to a new house and now live less than a 5 minute walk from Charlton Lakes which is where I spent a lot of my childhood and now every day on a dog walk! I have never moved out of Andover so have never been far away, but to be back living as close as I grew up to the park has made me very happy and I cannot wait for Park Run to start up again to join everyone on a Saturday morning for a 5K run.

The second exciting thing is that I have completed my Pilates instructor qualification. I talked about mental wellbeing at the start of the article and for me, there is no physical activity better for my mental wellbeing than Pilates. I can almost feel my shoulders opening up, my core strengthening and my posture correcting as I move and this awareness of correct alignment and engaging your core, helps movement throughout life. I know that when moving boxes into our new house or jumping around at my Friday fitness sessions, I am doing everything with much better posture which helps reduce the likelihood of injury and to combat the negative effects of working at a laptop all day during lockdown.

You will see on my poster that I have started to introduce Pilates classes to my timetable so please do email me at [jodiebascombefitness@googlemail.com](mailto:jodiebascombefitness@googlemail.com) if you have any questions or want to join us for that or any of the classes.

There are lots of excellent Pilates instructors around Andover and yoga is equally as good for mental health and that sense of wellbeing so why not have a go this Autumn, to help keep your body moving well so that you can keep physically and mentally fit for as long as possible.

Talking about the link between mental and physical health, I can recommend the work of the charity, Stormbreak for primary age children at <https://www.stormbreak.org.uk/> You will find lots of short clips of physical activities that children can do to help develop good mental health. It is absolutely fantastic and I know that several Andover schools have already worked with the charity, you might even recognise some familiar Andover faces in the videos. Give it a watch!

Stay safe and look out for me and my 12 year old Labrador walking around the park!

*Jodie Bascombe*



### JODIE BASCOMBE FITNESS

**Fitness** Monday - 18.00 - 18.45  
Full body upbeat fitness session for all abilities

**Strength** Wednesday - 18.30 - 19.15  
Body weight or basic weight training for full body toning

**Pilates** Friday - 18.00 - 18.45  
Develop core strength, stability and improve posture

All sessions currently on Zoom, when feasible classes will be held at St Thomas' Church, Charlton  
First session free then £5 per session and £2.50 for subsequent sessions in the same week.  
16 - 18 year olds come free with an adult

For more information or to join call:  
07780 700905 or email: [jodiebascombefitness@googlemail.com](mailto:jodiebascombefitness@googlemail.com)





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**Contact details:**

Vir Dellino-Musgrave  
(NVQ L4, REPs L3)

**07796 031779**

[info@equilibrium-pilates.co.uk](mailto:info@equilibrium-pilates.co.uk)  
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*You're most welcome to visit our mature parkland setting for personal reflection and enjoy a real sense of privacy and calm. The grounds are open seven days a week from 8am to 8pm all year round.*

